



X5



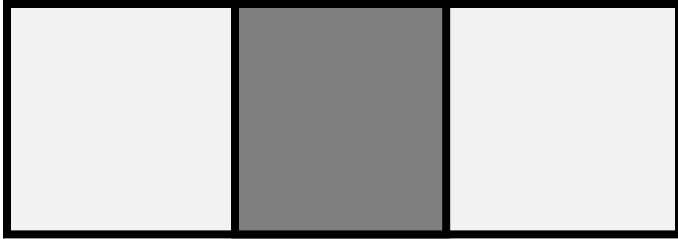
X5



X5



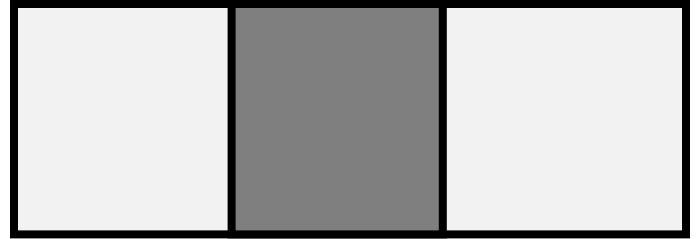
X5



CADENCE & WRIST TENSION STRIPE

X4 ROUNDS ON EACH SQUARE

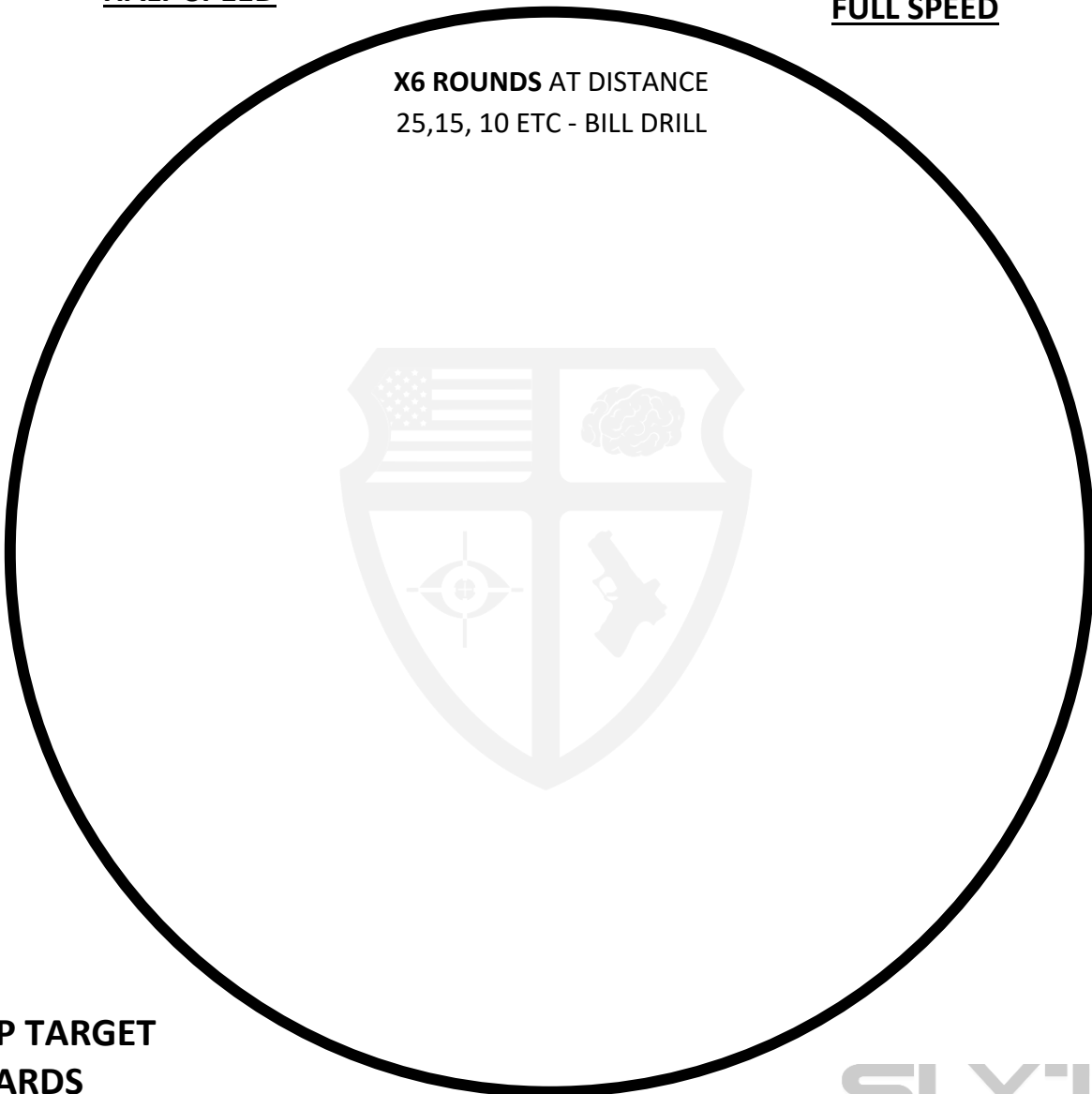
HALF SPEED



CADENCE & WRIST TENSION STRIPE

X4 ROUNDS ON EACH SQUARE

FULL SPEED



X6 ROUNDS AT DISTANCE
25,15, 10 ETC - BILL DRILL

WARM-UP TARGET

3-7 YARDS

50 ROUNDS TOTAL